



Snack - Wise

Plan healthy snacks for children

Fats and Sweets

Limit choices

Milk Group

Milk and fruit milkshake
Apple wedges and cheese
Mini yogurt cups

Meat Group

Hard cooked eggs
Peanut butter on crackers
Bean dip on crackers

Vegetable Group

Carrot, celery, green
pepper, or cucumber sticks
Cherry tomatoes cut in small pieces
Steamed broccoli or green beans
with dip

Fruit Group

Peanut butter on apple rings
Tangerine sections
Chunks of banana or pineapple
Canned fruits packed in juice

Grain Group

Cracker stacks - wheat crackers spread with cheese spread
Ready-to-eat cereals
Ginger snaps or fig bars
Graham crackers

Source: USDA, Center for Nutrition Policy and
Promotion, March 99, Program Aid 1647.